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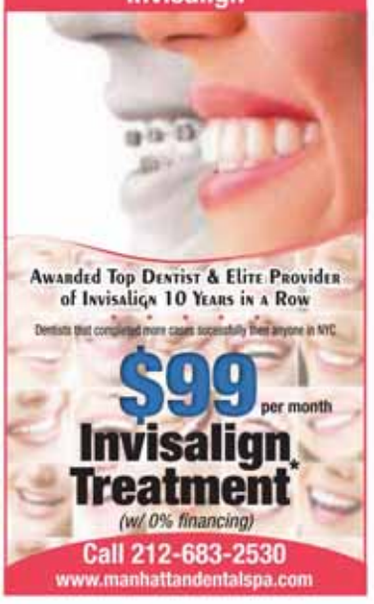

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CHAOS IN CLEVELAND

Anti-Trump delegates staged a noisy protest on the first day of the RNC after failing to force an embarrassing floor vote. 4

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3 THINGS YOU NEED TO KNOW

UBER HITS 2B RIDES SIX MONTHS AFTER HITTING ITS FIRST BILLION

Uber has completed more than two billion trips on its app, the company's chief executive said on Monday, a milestone that arrives just weeks after the ride service added another $4.7 billion to its warchest. Uber hit two billion rides on June 18, CEO Travis Kalanick said in a Facebook post, six months after marking its first billion rides. Uber then completed the same number of rides in six months as it did in the prior six years, due in part to its heavy spending to recruit drivers and passengers, which is made possible by more than $13 billion in funding from investors. Uber is in 450 cities globally, up from 311 a year ago. Last month it raised $3.5 billion from Saudi Arabia's sovereign wealth fund, part of a funding round that valued the company at $62.5 billion. REUTERS

MAN WITH AX ATTACKS PASSENGERS ON GERMAN TRAIN

2 A man with an ax attacked passengers on a train in the southern German state of Bavaria late on Monday and several people were critically wounded, a police spokesman said. The spokesman said the attack happened on a local train near the city of Wuerzburg. Police hunted the man down with ground searchers and a helicopter, and he was killed. The rail line between Würzburg-Heidingsfeld and Ochsenfurt has been closed, the police spokesman said. There was no indication of the motive for the attack. Four passengers who were attacked were in serious condition, with the total number of wounded unclear, according to the police spokesman. REUTERS

BALTIMORE POLICE LIEUTENANT ACQUITTED IN FREDDIE GRAY CASE

3 A Baltimore police lieutenant was acquitted of manslaughter and two other charges in the April 2015 death of black detainee Freddie Gray, dealing prosecutors another setback in their efforts to secure a conviction in the highly charged case. Baltimore City Circuit Court Judge Barry Williams found Lt. Brian Rice not guilty in a bench trial. Rice, 42, was the highest-ranking officer charged after Gray's death from a broken neck suffered in a police transport van. His death triggered protests and rioting in the mainly black city and stoked a national debate about how police treat minorities. REUTERS

The protest outside of Trump Tower in Manhattan SARA BRITTANY SOMERSET

LGBTQ protesters march outside Trump Towers as RNC begins

About 100 LGBTQ activists and supporters protest Republicans' opposition to gun control, gay rights.

SARA B. SOMERSET
@MetroNewYork
letters@metro.us

A few hours after the Republican National Convention briefly erupted into chaos Monday as rogue delegates sought to wrest the nomination from Donald Trump, about 100 protesters paraded outside one of his signature buildings in Manhattan.

Organized by LBGTQ activists and supporters, the protesters waited out a torrential rainstorm driven by tropical storm-speed wind gusts before taking to the sidewalk outside the real estate mogul's Trump Tower on 5th Avenue between 56th and 57th streets.

Protestors chanted, "Hey hey, ho ho, Donald Trump has got to go!" and, "You're Fired," using the line Trump would use on his reality TV show, "The Apprentice," to dismiss unworthy contestants.

"We want them to stop the hate and see gun control measures adopted so that the Orlando massacre never happens again."
Gorenstein

Several carried signs accusing Trump and the GOP of being "puppets" of the National Rifle Association for his and the party's opposition to gun control laws.

"Queer Nation and Gays Against Guns protested to exclaim our horror at the anti-LGBTQ and pro-gun planks that were adopted by the Republican National Committee," said Scott Gorenstein, Queer Nation representative. "We want them to stop the hate and see gun control measures adopted so that the Orlando massacre never happens again."

The national debate over guns has been on display at the convention, which is being held in Ohio, an open carry state. Gun rights proponents have insisted on bringing rifles and handguns to demonstrations in Cleveland despite pleas from police to leave them home in the wake of recent attacks on law enforcement officers.

Across the street from Trump's building, protesters stood holding block-long rainbow banners that read "Stop the Hate" and "Republican Hate Kills."

The protestors later carried the rainbow banners along 5th Avenue toward Columbus Circle.

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Anti-Trump protests roil first day of RNC

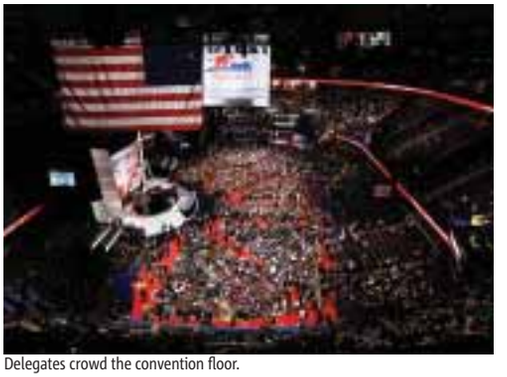
After a last-ditch attempt to derail Trump failed, candidate's son threatens leaders of revolt: "Your careers are finished."

Sen. Mike Lee (R-UT), center, and Phill Wright, vice chair of the Utah State Delegation, left, shout no to the adoption of rules without a roll call vote on the first day of the Republican National Convention. GETTY IMAGES

A Trump supporter stands with the American flag, his signs, gun and wall-digging shovel.

Florida delegates Tina Harris and Nancy Riley

Delegates take part in prayer.



Delegates crowd the convention floor.

The Republican National Convention briefly erupted in chaos on Monday when opponents of presumptive U.S. presidential nominee Donald Trump stormed out of the room and others chanted in a failed attempt to force a vote opposing his candidacy.

The turmoil threatened efforts by the Trump campaign to show the party had united behind the businessman-turned-politician and distracted from the day's theme of "Make America Safe Again," meant to depict Trump as a strong leader capable of shielding the country from violence and Islamist militancy.

Trump's son and adviser, Donald Trump Jr., threatened the leaders of the attempted revolt, saying: "Your careers are finished" in a message posted on Twitter.

The anti-Trump forces wanted to change the party's nominating rules to allow delegates to support alternative Republican candidates over Trump.

Party leaders held a voice vote, then declared the opponents lacked enough votes, triggering pandemonium on the floor of the Cleveland basketball arena where Trump is due to be formally nominated this week for the Nov. 8 election.

Many delegates began chanting: "Roll call. Roll call," effectively calling for a lengthy process that would allow every state to weigh in. Some, including the Colorado delegation, walked off the convention floor saying they had to assess their next steps.

"This entire system is rigged to force the vote for Donald Trump," said Kendal Unruh, one of the Colorado delegates.

"This is really appalling," Ken Cuccinelli, a delegate from Virginia who favored a roll-call vote, told MSNBC afterward. "This is the party of law and order. ... If you won't obey your own rules there is no reason to think you'll obey any others."

While delivering a sudden jolt to the highly scripted program, the anti-Trump forces failed, their rebellion quashed.

The convention then approved the party policy platform and took a scheduled break ahead of a lineup of evening speakers due to include Trump's wife Melania and former New York Mayor Rudy Giuliani.

But the furor, an embarrassment to Trump, put a spotlight on the deep divisions within the party that have emerged over his candidacy. A string of senior Republicans, worried about Trump's temperament and policies, were already avoiding the convention.

Killings overshadow convention

The gathering opened on Monday afternoon in the shadow of racially tinged killings of police officers and black men.

Trump allies planned to promote what he has billed as a tough line on law and order and national security in speeches later in the day.

Sunday's shooting of three policemen in Baton Rouge — a targeted attack that may have been in retaliation for a series of police killings of black Americans — hung over the gathering.

Trump has sought to position himself as the law-and-order candidate in an echo of Richard Nixon's successful presidential campaign of 1968.

Speakers were likely to promise that Trump will crack down on Islamic State abroad and toughen up on crime at home if he wins the election.

Iowa's Republican Party Chairman, Jeff Kaufmann, said that a month ago the top issue for voters in the state was the economy. Now, he said, he was hearing concerns about security.

"Rightly or wrongly, the shootings that we've had have vaulted, not just national security in terms of external terrorism but also the knowledge that terrorism is occurring within our country," Kaufmann said.

Such concerns might lead voters to choose Trump over Hillary Clinton in November, he said.

REUTERS; SAM NEWHOUSE CONTRIBUTED TO THIS REPORT

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The renderings GOV. CUOMO'S OFFICE

Renderings reveal 'reimagined' NYC subway cars, stations

The MTA hopes the new cars will reduce overcrowding and delays.

CRISTABELLE TUMOLA
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The MTA unveiled on Monday what it's calling an "ambitious plan" to add more than 1,000 more subway cars and renovate 31 stations as it tries to improve service amid increasing ridership.

Gov. Andrew Cuomo revealed the "reimagined" subway cars at the Transit Museum in Brooklyn, detailing the state-of-the-art design of 1,025 new trains.

Their features will include wider doors, and 750 will have "Open Car End" designed-cars, which will reduce wait times and increase capacity.

The governor's announcement also highlighted the MTA's efforts to bring its stations into the 21st century, and previewed extensive renovations at 31 stations from across the five boroughs.

"New York deserves a world-class transportation network, worthy of its role as the heartbeat of the 21st century economy," Cuomo said. "The MTA design team developed a bold and visionary reimagining of the quintessential commuter experience, incorporating best practices from global transit systems, and focusing on our core mission to renew, enhance and expand. We are going to do more than renovate — we are bringing subway stations to a higher standard than ever before, and the new vision for subway cars will increase capacity and reduce overcrowding and delays."

Subway use is at its highest level since 1948, with nearly 1.8 billion rides a year, according to a recent report from The New York Times. Train delays due to overcrowding are also rising, according to the publication. Since 2012 they have quadrupled to more than 20,000 each month.

The MTA is hoping by expanding door width from 50 to 58 inches, it will reduce delays by allowing customers to enter and exit more quickly. Open Car End design also has a similar aim by placing the door between cars with an "accordion-like connector in order to create longer, open spaces, allowing for greater passenger flow movement and increasing capacity in the process."

Other modern amenities being added to new cars include Wi-Fi, USB chargers, full color digital customer information displays, digital advertisements, illuminated door opening alerts and security cameras. On the outside there will be a new blue front with large windows, LED headlights and a blue stripe with gold accents along the sides.

The MTA said it's using design-build contracts to speed the process and "ensure the shortest timeframe for project completion." Both the subway car and station investments are part of the $27 billion, five-year MTA Capital Program.

Station improvements will begin with requests for proposals for three Brooklyn stations — Prospect Avenue, 53rd Street and Bay Ridge Avenue. Requests for proposals for the rest of the 31 stations will be released over the next 12 months and will be distributed across the five boroughs, according to the MTA. The first contract is expected to be awarded in the fall, and station closures will be limited to a six-month period.

"The governor gave the MTA a mandate to implement new, world-class designs as quickly as possible for all new subway cars, and that's what you're seeing today — innovation making the lives and commutes of all New Yorkers easier," MTA Chairman and CEO Thomas F. Prendergast said. "Coupled with new methods for redeveloping our stations at the governor's direction, customers will see us get in, get done, and return new and improved stations to them in the most efficient way possible."

The 31 stations are part of a larger effort by the MTA to improve "the customer experience," and includes component and renewal work at more than 170 other stations. Overall improvements include enhanced lighting, improved signage, inclusion of amenities, such as countdown clocks, improved cellular connectivity, Wi-Fi and new art. Renovations will also consider "the architectural legacy of each station, and remain sensitive to historical elements" as the stations are redesigned.

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FATAL HIT-AND-RUN

NYPD seeks Queens hit-and-run driver who killed woman, injured her child

Police are searching for a driver who allegedly ignored a stop sign and caused a crash that left one woman dead and others badly injured, including the deceased woman's 9-year-old daughter.

Just after 5 p.m. on Sunday, police arrived at the corner of 115th Avenue and 130th Street in South Ozone Park, where they found multiple victims who had been injured in a car crash, police reported.

The driver of the vehicle that had apparently caused the collision had fled the scene on foot.

Authorities' preliminary investigation determined that the driver of a BMW SUV ignored a stop sign then struck a Toyota sedan carrying four passengers before slamming into three parked cars, officials stated.

The two rear passengers in the sedan, Zaalika Rasool, 40, and her 9-year-old daughter, were ejected from the car, and Rasool was pronounced dead at the scene, authorities stated.

"It was the worst thing I've seen," witness Vejai Gajai told the New York Daily News. "It didn't sound like a car accident, it sounded like a bomb."

Two men, 71 and 47, who had been sitting in the front of the sedan, were taken to Long Island Jewish Hospital along with the 9-year-old, who was listed in critical condition, police added.

The BMW's driver fled on foot, police determined, adding that a male passenger, 46, was removed from that vehicle and taken to Jamaica Hospital.

Police were continuing to investigate the incident.

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Roger Ailes GETTY IMAGES

Report: Murdochs want to oust Ailes at Fox

New York Magazine cites sources saying Murdoch bros. have decided to oust powerful exec accused of sexual harassment in lawsuit.

JOEL MILLMAN
@MetroNewYork
letters@metro.us

Roger Ailes' reign as the head of Fox News could be coming to an ignominious end soon, according to New York Magazine, which is reporting that Rupert Murdoch's sons have decided to oust the 76-year-old exec.

The magazine cited two sources who have been briefed on a sexual-harassment investigation of Ailes being conducted by New York law firm Paul, Weiss, Rifkind, Wharton & Garrison.

After reviewing the initial findings, James Murdoch, CEO of parent company 21st Century Fox, wants Ailes given the choice of resigning this week or face being fired, New York Magazine reported. His brother, Lachlan, co-chairman of the parent company, would rather wait until after the Republican National Convention being held this week in Cleveland, according to the magazine.

The investigation was set off by former anchor Gretchen Carlson's lawsuit accusing Ailes of retaliating against her after she refused his advances.

So far, the Murdochs haven't commented on the report.

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Clinton vows to prosecute police killers

Clinton made the promise in a speech in Cincinnati at the NAACP's annual convention.

Democratic Presidential candidate Hillary Clinton addresses the crowd at the 107th Annual NAACP Convention at the Duke Energy Center on Monday in Cincinnati, Ohio. GETTY IMAGES

Hillary Clinton promised on Monday to bring the "full weight of the law" against people who kill police officers if she becomes the next U.S. president after two recent episodes of gunmen slaying police officers in Dallas and Baton Rouge.

"Anyone who kills a police officer and anyone who helps must be held accountable," Clinton said. "As president, I will bring the full weight of the law to bear to make sure those who kill police officers are brought to justice."

The penalties for killing a police officer are rightly more severe than those for killing a civilian because police are symbols of the rule of law, she said.

Clinton's remarks come among heightened tensions between police forces and many black and Latino Americans, who have been rallying in protests across the country against a spate of police killings of black men, often unarmed, during encounters.

A black former soldier killed five police officers during one such protest in Dallas, Texas, on July 7. On Sunday, another black former U.S. Marine sergeant killed three police officers in Baton Rouge, Louisiana. REUTERS

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Louisiana gunman targeted, ambushed cops, police say

The city had been the scene of repeated protests against police violence following the July 5 fatal shooting by officers of Alton Sterling.

Police officers stand near the scene of where three police officers were killed in Baton Rouge, Louisiana. GETTY IMAGES

The black U.S. Marine Corps veteran who shot dead three police officers in Louisiana's capital specifically targeted them, police said on Monday, as the United States reeled from the latest deadly violence involving police and black people.

Following Sunday's shootings, Baton Rouge police officers took steps to increase their own security. Baton Rouge police spokesman Sgt. Don Coppola said, "We usually ride solo. We're riding in pairs for now."

The Baton Rouge gunman has been identified as Gavin Long, a 29-year-old from Kansas City, Missouri, who served in the Marines for five years, including a 2008 deployment in the Iraq War. Long, dressed in black and armed with a rifle, was shot dead on Sunday morning in a gunfight with police.

Long had legally changed his name in May 2015 to Cosmo Ausar Setepenra, according to records in Jackson County, Missouri.

Racial tension in the United States has been especially high since a black former U.S. Army Reserve soldier fatally shot five Dallas police officers who were patrolling a protest over the police shootings of Sterling and another black man in Minnesota.

"It's a very tough situation here, an attack on the very fabric of society," Louisiana Gov. John Bel Edwards told MSNBC on Monday.

Louisiana State Police spokesman Lt. J.B. Slaton told the New York Times on Monday that a preliminary investigation shows the Baton Rouge gunman "definitely ambushed those officers."

"We are still trying to find out what his motive was, and that's going to be part of our investigation. But we believe he was targeting those officers," Slaton said.

A website, social media accounts and YouTube videos that appeared tied to Long include complaints about police treatment of black people and praise for killings of the Dallas policemen. Documents also showed that Long pledged affiliation to an African-American offshoot of the U.S. anti-government Sovereign Citizen Movement.

The dead officers in Baton Rouge were identified as Montrell Jackson, 32; Matthew Gerald, 41; and Brad Garafola, 45.

Edwards said one of the wounded officers was fighting for his life while a second underwent surgery and needed further surgery on his neck. A third officer who had a graze wound to his neck was released from a hospital on Sunday.

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How to identify testing bias

Whether it's the SAT or a vocational exam, understanding how tests work is as important as knowing the material.

ALIZAH SALARIO
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alizah.salario@metro.us

Subtle testing bias can be hard to spot. ISTOCK

When Sheila Akbar, director of education at test prep company Signet Education, took a practice exam for the new SAT, one passage threw her off. In the reading section, students were asked to analyze letters two women exchanged in the 1830s arguing about whether they should become involved in the abolitionist movement. (The SAT often incorporates essays, letters and other historical documents from civil rights struggles.) One woman was for; the other, who was against, argued that a woman's place is in the home.

Akbar, a seasoned test taker, was rattled.

"It literally said women are inferior to men. I found myself getting philosophically engaged, and getting angry," she said. "And then I thought, 'Oh wait, I'm on the clock, I need to get to my questions and stay focused.' And then I started thinking, 'I'm in a room of 16, 17-year-old kids. What if any of them are upset by this?"

Akbar says that any type of bias can distract from the task at hand — acing the exam.

Though the SAT was recently revamped, no test is perfect, says Akbar. She identified three types of testing bias — in all types of tests — that students should be aware of.

Language bias

One of the reasons many tests, including the SAT, have removed analogies and other vocabulary-heavy questions is because certain words used — such as "yacht" or "polo" — were familiar to some (wealthier) students, while others did not have these words in their vocabularies. Though class and racial bias are most talked about, testing bias can take many forms.

Stereotype threat

A question in the math section about gender differences in enrollment in high school math classes also set off a red flag for Akbar. The question indicated that in all classes except for one, more boys were enrolled than girls, which, says Akbar, might pull a female student's focus off the question and onto the stereotypes about girls and math.

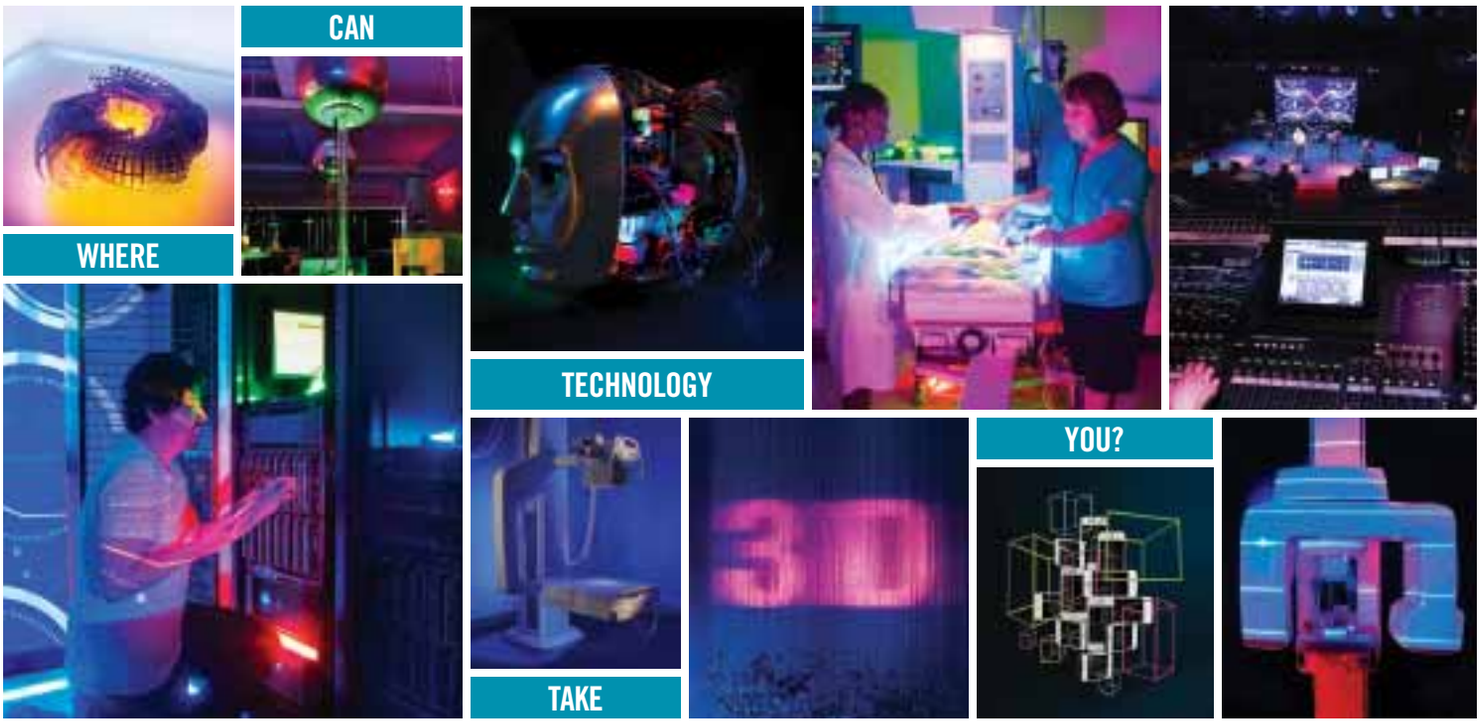
"We know that when minority groups are faced with stereotypes about their own demographic, they become extra-anxious about not confirming that stereotype, and that actually leads them to perform worse, since they're worried about something other than what the test items actually are."

Administration bias

It's not just tests themselves that can be biased, but the way they're administered. If a test proctor isn't following protocol, or test-takers haven't been given the correct amount of time, results can be skewed. Though test-takers have the right to report any kind of break in protocol, they often don't. "It's a little unrealistic to expect a 17-year-old to make a complaint to a company that controls their scores," Akbar says.

Test-takers can't control bias, but they can increase their awareness.

"Always do official practice tests in a timed, realistic setting," says Akbar. "That way, if there are elements of bias, you'll be aware of it before you go into the full test."



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Why does drama follow this "nice girl"?

ALL PHOTOS GETTY IMAGES

The backlash against America's "sweetheart" Taylor Swift just seems to be getting worse. Soon after being put on blast by ex Calvin Harris for announcing that she was the ghostwriter on his hit song, "This Is What You Came For," other celebs were quick to join the #TaylorSwiftIsOver party, including Kim Kardashian and Kanye West, who accused Swift of being a liar.

The "Bad Blood" singer asserts she did not give West permission to use her name in his song, "Famous," but a phone conversation released Sunday by Kardashian indicates otherwise.

In the recorded exchange between Swift and West, the singer says: "Um, yeah, I mean go with whatever line you think is better. It's obviously very tongue in cheek, either way … And I really appreciate you telling me about it, that's really nice."

Kim released the recorded message on Snapchat just in time for Sunday night's episode of "Keeping Up With the Kardashians," and the internet went crazy. Looks like two can play that "media" game, huh, Taylor?

Calvin Harris moves on, too

After scoring a rumored James Bond as her rebound boyfriend, it looked like Taylor Swift had won her breakup with Calvin Harris. Now the DJ has found new love too — but is he still looking out for his ex?

According to Page Six, Harris is dating musician Tinashe, who collaborated with him in 2014 on the song "Dollar Signs." The couple were spotted at sushi spot Nobu on Saturday night. "It's only been weeks, so it's still pretty casual right now," according to the Page Six source. "They've been on a few dates."

Good for Harris, but the timing seems a bit convenient. The source had no comment on the happy coincidence of the couple's sushi craving and Swift's latest bout of bad press, courtesy of Kim Kardashian.

But hey, there's no such thing, right?

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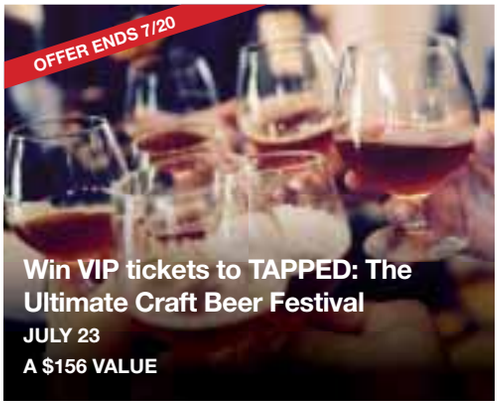

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Funny on the fly

In "Don't Think Twice" Mike Birbiglia and Chris Gethard explore the culture of improv.

RACHEL RACZKA
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"Saturday Night Live" greats are quick to tell you about their glory days of doing improv. Troupes like Second City (Tina Fey, Chris Farley), Upright Citizens Brigade (Amy Poehler, Horatio Sanz) and Groundlings (Kristin Wiig, Will Ferrell) should sound as familiar as their alumni who hit it big. But what happens to the troupe members that don't make it to prime time?

That was the difficult question that writer-director Mike Birbiglia explores in "Don't Think Twice," a comedy about a group of friends who do improv comedy together until one of them breaks big. Naturally, this causes some conflict.

We chat with Birbiglia, who also stars in the film and his co-star Chris Gethard about the art of comedy and the unnatural art of filming natural improv.

In the improv classes in the film, you guys are constantly nailing in the point "don't think twice." At what point did you really start to let go as comedians?

Chris Gethard: To me, as an improviser, one of the most exhilarating parts is when you start getting laughs and you're not sure why they're laughing. When you're in a scene and you're just linking up with the other person on stage, and you forget that there's an audience but you incidentally hear them reacting, that's the freeing, powerful moment.

How did you both start doing improv?

Gethard: I started classes at Upright Citizens Brigade the week of my 20th birthday. It was the island of misfit toys; everyone was a weirdo and super creative. It was the place where I belonged. I always felt like an outcast and to show up where you're in a theater and it doesn't matter if you're weird or young, if you're funny and work hard, you can hang out.

Mike Birbiglia: For me, when I was a freshman in college, I was cast into the Georgetown Players improv group. Charna Halpern and Liz Allen from ImprovOlympic came to teach workshops, and I think Liz is probably the best improv teacher in the country. Those guys coming to Georgetown changed the way I looked at everything.

Birbiglia GETTY

"Don't Think Twice" opens in New York on July 22. JON PACK

Some real prompts and bits from your own improv experiences made it into the film. How did that work?

Gethard: I think Mike did such an interesting thing, because it's hard to film improv. By definition it's something that's happening in the moment. [And for the film] there were certain story points that needed to happen in those improvised scenes, and those were scripted. But then Mike transcribed some real improv shows, that added another layer, and then there were portions of those improv shows that were actually improvised in front of an audience of extras. He did such a nice job of blending them together so that the moments that are really improvised, you can really feel it. And I think it speaks to Mike's skills that it's very hard to tell which parts are improvised and which are not.

Birbiglia: I tried to have the whole film feel like it's just happening. I rewrote the script 10 or 12 times over 18 months, but on the day, I'd say, "Whatever feels real to you, just say. Memorize the lines, then forget them. And whatever comes out, comes out."

Dance world stars

These ballet dancers are on pointe.

NICOLE HUNTER
@MetroNewYork
letters@metro.us

Not since the days when Mikhail Baryshnikov was a heartthrob Vanity Fair and Time Magazine cover star and Gelsey Kirkland was a bestselling household name and tabloid fixture have ballet dancers reached the level of celebrity we're seeing now. And that's thanks largely to social media. Before Misty Copeland began appearing on the covers of Time and Essence, she was a hit on Facebook, Instagram and Twitter, with her every interview racking up internet shares. And she's hardly alone. Here, we round up the dance world's brightest stars.

Eric Underwood

Soloist
Royal Ballet
@ericunderwood

A favorite with the fashion crowd, Underwood has danced with Kate Moss for Mario Testino and Vogue Italia and appeared on Nowness.com and Matchesfashion.com. The London-based American is a bona fide ballet star with unquestionable cool credibility.

ALL IMAGES GETTY IMAGES

Misty Copeland

Principal dancer
American Ballet Theater
@mistyonpointe

From starring in a music video for the late great Prince to being interviewed by Barack Obama for Time Magazine (for which she appeared on the cover), Misty Copeland, the American Ballet Theater's first black woman principal dancer, keeps getting bigger and bigger. Last week it was announced she'll appear in the Disney film version of "The Nutcracker." And New Line Cinema is developing a biopic based on her inspiring life story.

Isabella Boylston

Principal dancer
American Ballet Theater,
@isabellaboylston

Think of her as the final point in ABT's starry trifecta: Copeland, Whiteside and Boylston. She's got nearly 150K Instagram followers and a *développé* that will make your jaw drop.

James Whiteside

Principal dancer
American Ballet Theater
@jamesbwhiteside

Come for the incredible dance clips, stay for the sharp humor and point of view. In addition to being an ABT star alongside Copeland, Whitside also hosts a podcast called "The Stage Rightside," in which he chews the fat with a slew of dance world majors from Julie Kent to Isabella Boylston.

Michaela De Prince

Prima ballerina
Dutch National Ballet
@michaeladeprince

You may recognize her from her cameo in Beyoncé's "Lemonade," but Michaela De Prince had a large fanbase in place long before Queen Bey came calling. Born in Sierra Leone, De Prince was orphaned during the civil war before being adopted by American parents who encouraged her dance training. Like Copeland, De Prince is an achiever of firsts. She's the first *grand sujet* (prima ballerina) with the Dutch National Ballet.

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Summer staples at The Lindeman

Fancy a taste of how Leo DiCaprio and the Olsen twins eat? Chef Carl Alioto has designed "private dining experiences" for the stars (as well as doing stints at The Standard Grill, among others), and now he's got his own kitchen. **The Lindeman** just opened in Hell's Kitchen earlier this month, serving modern American fare. Summer deal seekers should stop by for Rosé Fête Happy Hour, with $5 glasses of Grande Récolte Rosé and $1 oysters, 4-7 p.m. in the lounge. ***508 W. 42nd St.***

Jue Lan Club MELISSA HOM

New season, new menu, new deals

Gramercy newcomer **Natsumi Tapas**, serving Japanese-Italian fusion cuisine (did Momofuku Nishi start a trend?), has just revamped its happy hour menu for the summer. Nosh on small plates like crispy blue crab dumplings ($5) and the crunchy spicy salmon roll ($4). Drinks include $4 Kirin Ichiban beers, wines by the glass for $6 and a special Drink of the Day ($8). The deals are available 4:30 p.m.-6:30 p.m. in the bar and front dining areas. ***323 Third Ave.***

Free iced tea, because you need it

This week, save your pink clothes for Thursday, July 21, when Mediterranean fast-casual spot **Nanoosh** is giving away hibiscus iced tea and lemonade to everyone wearing pink. Why? "Because it feel like 100 degrees out there, and Nanoosh felt like having some fun," according to a press release. Can't argue with that. Get the deal 3 p.m.-6 p.m. at all five Nanoosh locations. ***nanoosh.com***

Shakespeare in the Park: "Troilus and Cressida"

The best theater deal in town is back. Shakespeare in the Park resumes tonight with its second production of the summer, "Troilus and Cressida." Get ready to hear some new takes on the ancient Greeks — Ulysses, Achilles and more all appear in this story about how love makes fools of even heroes and kings. The cast includes John Glover, who helped set Lex Luthor on his path to supervillainy on "Smallville," and Corey Stoll, last seen as the news anchor who broke Elijah's heart on "Girls." The play runs through Aug. 14 at the Delacorte Theater in Central Park. Shakespeare in the Park is presented for free annually by the Public Theater. Can't find a better price than that for NYC theater — you just have to be willing to get a little sweaty waiting in line for tickets, which are distributed two per person at the Delacorte daily starting at noon, or try your lottery luck via the TodayTix app. EVA KIS

For more about "Troilus & Cressida," visit **metro.us**

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MAKE HEALTHY YOUR NEW HAPPY

Nikki Dinki didn't always eat her vegetables. After two decades of subsisting on mostly cereal, bagels and instant ramen, "Picky Nikki" decided it was time for a transformation.

Now, the co-host of Cooking Channel's "Junk Food Flip" has done a complete 360, advocating for delicious fare that centers on the veggies she once despised. In her cookbook "Meat on the Side," Dinki has created dishes that even nonvegetable lovers can get behind. Dinki stresses that giving up meat isn't a must for healthful eating — but let the veggies take center stage.

How did you develop your meat-on-the-side philosophy?
I really started eating meat on the side because I didn't really eat anything until I was 20 — no veggies and no protein. I started to eat veggies before introducing myself to meat — chicken, then fish, then pork. Vegetables have always been the core of my cooking background.

What's a good way to introduce vegetables to someone who's less nutritionally minded?
The best thing to do if you're not used to eating vegetables is to weave them into dishes you already love. It takes a while of slowly incorporating new tastes until you really like them on their own. A good introductory food is my spaghetti squash "mac" and cheese or a cauliflower crust pizza — who doesn't love pizza?

View the full recipe at **metro.us**

How would you get picky kids to eat their vegetables?
For kids it's more of a trick just getting the food into their mouths. Sometimes the look of something can be a big turn off. In the book, there are family friendly modifications next to some recipes. For example, pureeing the chunky veggies in a sauce or sprinkling a little bit of cheese on top.

What's something more experimental that you've cooked?
A lot of times I try and re-create classic, meat-heavy dishes into meat-on-the-side versions. I made a carrot hot dog — it took a lot of tries! I saute and marinate the carrot in Worcestershire, paprika, chili powder — lots of hearty flavors. It really looks like a hotdog and has a smoky, meaty flavor, too.

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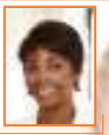

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Doping a time-honored tradition

Would a "wild west" PED-scenario be the worst thing?

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For centuries, Olympic athletes have been trying to get bigger, stronger and faster by any means necessary. GETTY IMAGES

The majority of the millions of people who watch the Summer Olympics every four years are casual fans, dropping in to watch these niche sports for entertainment purposes. The sheer spectacle of the Olympic games almost always overwhelms the ugly realities — host cities left in financial ruin, IOC scandals and major doping issues.

Mark Johnson, author of the book "Spitting in the Soup: Inside the Dirty Game of Doping in Sports," is an expert on that last topic, and he says that allowing athletes to use any and all performance-enhancing drugs in the Olympics isn't any crazier than what comes from the current system in place.

"WADA [World Anti-Doping Agency] only finds 1-2 percent of dopers right now," Johnson told Metro. "It's pretty easy to — in a lot of sports — plan your doping so you don't have any drugs in your system when you're competing. Most of the PEDs allow athletes to train a lot harder and recover a lot faster, but during actual competition they can still be completely clean. It's really an intelligence test. If you're working with a good doctor and you time everything right, you can always get by."

Old story, new problems

The big doping story heading into the Rio summer games, which begin Aug. 5, concerns Russia and its "state-sponsored doping program." According to the BBC, Russia "directed, controlled and oversaw manipulation of urine samples provided by its athletes" in the build-up to the London games in 2012 through the Sochi Winter Olympics in 2014. Not surprising in the least, says Johnson, but he adds there is a great deal of hypocrisy from those scolding Russia. The never-ending quest to get all drugs out of the Olympics is impossible, if not laughable.

"We have this idea that we need go get back to a 'cleaner era,'" Johnson said. "The problem though is that this cleaner era never really existed. Testing is much stricter now than it was 50 years ago, but athletes trying to get an edge through drugs has been going on literally forever. Finding new ways to get bigger, faster and stronger was seen as a part of the craft of sport at one time. It was like utilizing new forms of technology. In the 1960s, particularly in the U.S., those attitudes started to change. Because of all the recreational drug use and abuse at that time we started to pay closer attention to performance-enhancing drugs as well. All of a sudden, doping went from something that all athletes did as a form of training to a mark of moral failing. In the last 50 years the surveillance and the creation of these anti-doping agencies is pretty dramatic."

Despite the stricter testing, there is a prevalent idea that "everybody is on something" anyway.

"Most of the athletes don't want to do these drugs at first," Johnson said. "They have to hire doctors and the drugs themselves are expensive. It can also get dangerous. They don't want that hassle, obviously, but once it becomes the norm in their sport then they kind of have to reach for [the drugs]. I don't really think the crime and punishment approach is super-effective."

Johnson admits there's no great answer to solving the issue of doping in the Olympics. If it was the wild west and everything was on the table, athletes [and countries] with deeper pockets would routinely come out ahead. Many athletes would also take the rawest and most dangerous forms of steroids to compete at the highest level, and that would in turn lead to major health problems.

"We should focus on the drugs that are really harmful and not worry about, say, busting athletes for using pot," Johnson said. "In the U.S., we've really created a huge legal loophole with selling supplements. They're everywhere. We've created a culture where it's OK to use ADHD drugs as a regular citizen, but if an athlete uses the same drug and they're popped for it they're suddenly the bad guys. In America we've stated that doping is fine, 'except for you athletes.' It's like a mother saying, 'Johnny, don't you dare smoke,' but then a half hour later she goes out and buys a pack of Marlboro reds.'"

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NYC's Kano ready to wow in Rio

Kano leads Team USA's rhythmic gymnastics team into the 2016 Summer Games.

JASON DEVANEY
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Alisa Kano, far right. JOHN CHENG / USA GYMNASTICS

Alisa Kano got her start in gymnastics after a friend invited her to watch a competition. And then she found happiness in the sport.

"I fell in love," Kano said.

Now 21, Kano has come a long way since she watched that event as a 9-year-old girl. In a few weeks, she'll be on the ground in Rio de Janeiro to compete at her first Olympics.

"At first, when we qualified, I couldn't believe it. We all couldn't believe it," Kano said. "I mean, it was just a dream come true."

Kano competes in rhythmic gymnastics, a discipline within the sport that doesn't grab the same headlines as artistic — the one that includes the bars, vault, floor exercise, and the balance beam. Rhythmic gymnastics is a magical dance that incorporates ropes, hoops, balls, clubs, and ribbons.

It's similar to figure skating, as the athletes perform spins, jumps, and other moves to music. Aside from the obvious absence of a sheet of frozen water, the main difference is the addition of a few props that move with the athletes as if they're an extension of their body.

"Rhythmic gymnastics … is such a beautiful and unique sport," said Kano, who was born in Tokyo and moved to New York City at age 4. "What makes it different from artistic gymnastics is that gymnasts must show their elements, masteries, artistry, collaborations, and exchanges through special choreography using clubs, balls, ribbons, hoops, and/or ropes.

"It's one of the most mesmerizing sports to watch live and on-screen."

Olympic viewers are usually left with their jaws hanging open after they watch athletes compete in their respective sports because they make things look so easy. Swimmer Michael Phelps, for example, actually resembles some sort of water animal when he's in the pool. Basketball players like Carmelo Anthony showcase their agility and all-around athleticism in front of amazed fans.

Rhythmic gymnastics is no different. Watching Kano and her fellow athletes perform their routines leaves you wondering just exactly how they did that.

Kano's career as a member of the U.S. team has been punctuated by a triple-medal performance at the 2015 Pan American Games, where she and her teammates won a gold (6 clubs + 2 hoops) and two silvers (group all-around and 5 ribbons).

The Rio-bound squad was named after the USA Gymnastics Championships in June and is made up of Kano, Kiana Eide, Natalie McGiffert, Monica Rokhman, and Kristen Shaldybin. 2016 marks just the second time in history the U.S. will have a rhythmic gymnastics contingent at the Olympics. The other time was at the 1996 Atlanta Games.

Kano, who moved to Chicago at age 17 for training reasons, said her experience at the Pan Americans last year served as an Olympic preview for her.

"[It] was an incredible experience that is most likely just a glimpse of what the actual Olympics will be," she said. "Our goal is to execute clean routines and show our best work."

Kano has been working on and fine-tuning that execution for more than a decade. Rio will be the culmination of all that work.

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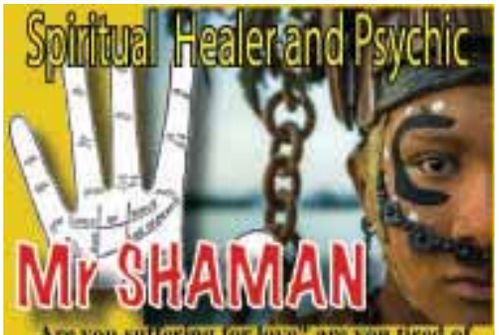

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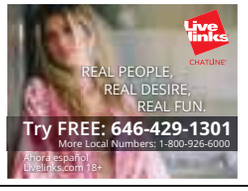

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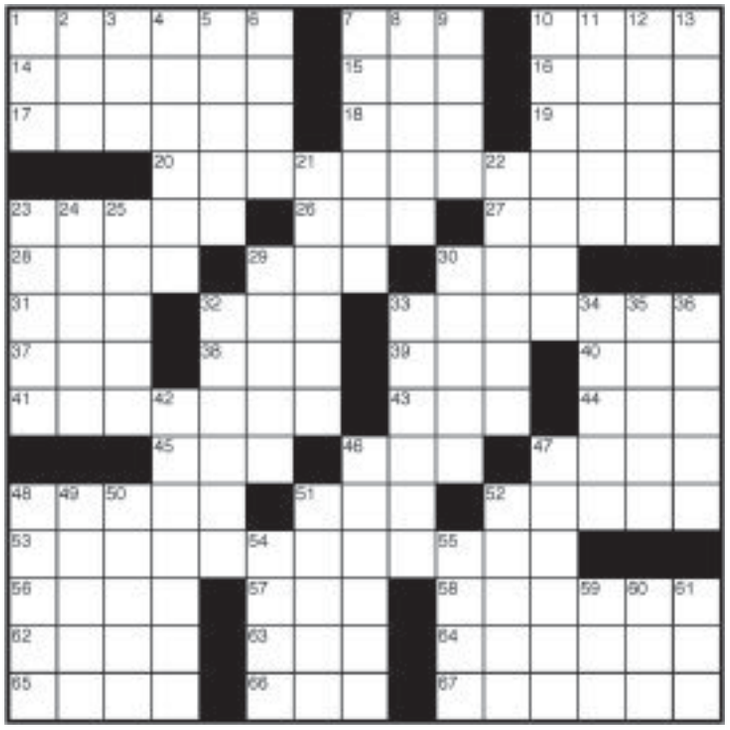

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Aries Aim for personal growth and philosophical changes that will bring you closer to what you really want to do with your life. A chance to learn something new will have its benefits.

Taurus Communication will help you come to a decision regarding your home life and future job prospects. Clear the clutter and move forward with less stress.

Gemini Money will come in and go out quickly, leaving you wondering what happened. You should temper your generosity and deal with your expenses before helping someone else.

Cancer Rely on your gut feelings to help you make decisions. Opportunity is apparent, making it vital that you think and act quickly to take advantage of what's being offered.

Leo Prepare and organize for what you want to see happen. Your input will lead to good fortune, as long as you stick to basics and cover your bases. Romance looks inviting.

Virgo If you participate in things, you will bring about positive change. By seeking out functions that allow you to put your skills to good use, you will cause something good to transpire.

Libra Avoid an emotional confrontation. Listen, but don't reply if it will lead to a standoff with someone you care about or need to do business with. Back away and revise your strategy.

Scorpio Thinking about doing something different is OK, as long as your motives are right and you aren't going to cause a loved one grief. Choose wisely and avoid backlash.

Sagittarius If you review contracts and financial papers, you'll discover something that needs to be updated. A personal gain will change your life, while romance will stabilize it.

Capricorn If you have a question, by all means ask. It's better to be knowledgeable than to blindly trust someone else. Your future is in your hands. A professional gain looks promising.

Aquarius Don't follow someone else's philosophy if it doesn't fit your lifestyle. The changes you make have to come from the heart and be based on what works for you.

Pisces Partnerships will bring greater opportunities your way. Get involved in networking functions and fundraisers that will allow you to voice your opinions. **EUGENIA LAST**

Yesterday's answers

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